

Grades K-8 Lunch Multi-Cultural Menu Sample with Choices - Five Day

Sponsor #	Sponsor	Contact Name
1234	Our Schools	Our Site Manager

Grade Group: **K-8**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Arroz con Pollo	Mexican Lasagna with Pinto Beans	Asian Popcorn Chicken (CN) Rice Bowl	WGR Pizza (CN)	Ropa Vieja (Shredded Beef over Brown Rice)
	Portion	¾ cup	1 piece, ¼ cup	3.08 oz	1 slice	½ cup
	Contribution (oz. eq.)	1.5 M/MA	2 M/MA	2 M/MA	2 M/MA	3 M/MA
	2 nd Item (If planned)	Jamaican Burger	Fish Wrap with Slaw Topping	Bok Choy Wrappers (Chicken)	Chicken Alfredo with a Twist (Chicken)	Cuban Sandwich
	Portion	5.5 oz	1-piece tilapia = 2.75 oz cooked	2 wraps	1 cup portion	1 oz. each Ham-Pulled Pork w/cheese slice
	Contribution (oz. eq.)	2 M/MA	2.75 M/MA	1 M/MA	2.25 M/MA	2.25 M/MA
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	Arroz con Pollo	WG Lasagna Noodle/ WG Bread Sticks	Rice Bowl (WG Breeding, Brown Rice)	WGR Pizza (CN)	Brown Rice
	Portion	1 cup	¾ oz eq./1 oz.	.5 oz eq./ ½ cup	1 slice	1 cup
	Contribution (oz. eq.)	2 oz. eq.	1.75 oz. eq.	1.5 oz. eq.	2 oz. eq.	2 oz. eq
	2 nd Item (If planned)	WGR Hamburger Bun	WGR Tortilla	Bok Choy Wrappers (Brown Rice)	Chicken Alfredo with a Twist (WG Rotini)	WGR Cuban Bread (2 ounces)
	Portion	2 oz	8" = 1.5 oz	2 wrappers	1 cup portion	1 sandwich
	Contribution (oz. eq.)	2 oz	1.5 oz. eq.	1.5 oz. eq.	1.25 oz. eq.	2 oz. eq.
Fruits If planned, 100% Juice can be no more than ½ of total (e.g. ¼ cup) Daily minimum: 1/2 cup	(Choice of 1 with Meal) Item	Fresh Pineapple Chunks	Fresh Strawberry Cup	Passion Fruit	Red & Green Grapes	Mango and Papaya Medley
	Portion in cups	½ cup	½ cup	½ cup	½ cup (about 10-12)	½ cup
	2 nd Item (If planned)	Dried Cherries	100% Juice Choice (4 fluid ounce)	Clementine or Satsuma Oranges	Carambola (Starfruit)	Canned Mandarin Oranges
	Portion in cups	¼ cup (1.3 oz box) = ½ cup eq.	½ cup	½ cup (~2 whole)	½ cup slices	½ cup

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

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Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item	Steamed Fresh Broccoli Floret		Romaine Lettuce and Bok Choy in Wrappers	Garden Salad (Romaine Lettuce)	
	Portion in cups	¼ cup		1 leaf, ⅓ cup = ¾ cup credit	½ cup = ¼ cup	
Red/Orange Weekly minimum: 3/4 cup	Item		Butternut Squash and Salsa in Mexican Lasagna	Baby Carrots	Diced Tomatoes (Salad)	Red Bell Peppers in Ropa Vieja
	Portion in cups		⅓ cup	½ cup	⅓ cup	¼ cup
Beans Weekly minimum: 1/2 cup	Item	Black-Eyed Peas				Seasoned Black Beans or Pigeon Peas
	Portion in cups	¼ cup				¼ cup
Starchy Weekly minimum: 1/2 cup	Item	Sweet Plantain	Corn in Mexican Lasagna			Yucca Fries
	Portion in cups	½ cup	⅓ cup			½ cup
Other Vegetables Weekly minimum: 1/2 cup	Item	Vegetables in Arroz con Pollo	Peppers & Onions in Mexican Lasagna/ Slaw in Fish Wrap	Snow Peas	Ratatouille	Overnight Pickles (FNW Cucumber Recipe)
	Portion in cups	½ cup	¼ cup / 1 cup	¼ cup	½ cup	¼ cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Ketchup/ Mustard	Taco Sauce	Low Salt Soy Sauce/ Duck sauce	LF Ranch Dressing	Mustard
	Portion size	9 gm/5 gm	9 gm	9 gm each	1 oz	5 gm

****Vegetables from any subgroup are creditable as an Additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1% or Fat free	Fat free	Fat free	
Fluid oz.	8	8	8	

Notes: